

Abstract

Connecting mechanisms for pivotally coupling a shoe with a sporting device are described. In one embodiment, the connecting mechanism can include a support element for supporting a shoe, a connecting element disposed on a sporting device, and a coupling element for coupling the support element to the connecting element. The support element can include a first end liftably disposable on the sporting device and a second end spaced apart from the first end. The coupling element can include a first end attachable via a first pivot to the second end of the support element and a second end attachable via a second pivot to the connecting element. The first and second pivots can be active successively with the progression of a bending movement of a foot in a shoe supported by the support element.